‘MAGIC MIKE’ IS FOR BROS TOO

COME ON, LOOSEN UP, STRAIGHT MEN. PAGE 13

metro

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Tuesday, June 30, 2015 www.metro.us | t: MetroPhilly | f: MetroPhilly

Torn duck takes air out of tall ships fest

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NY prison escapee in serious condition

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Sex secrets from inside the Playboy Mansion

PAGE 16

Phillies shake up. With the team at the bottom in nearly every statistical category, the Phillies decided they’ll hand the reins to Andy MacPhail as president at season’s end. PAGE 02

Phailure is not an option

Andy MacPhail has won two World Series titles (with the Twins) and has overseen two successful rebuilds (the Cubs and Orioles). / GETTY IMAGES

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1 NEWS

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Can MacPhail usher in Phillies success?

Sports. The Phillies will bring in Andy MacPhail at the end of the season to right the ship.

Andy MacPhail answers a question during a press conference at Citizens Bank Park. / GETTY IMAGES

Much like the passage of a baton in a relay race, the Phillies are looking for a seamless transition to the next stage in the life of their franchise.

With Pat Gillick set to step down at season's end, the Phillies will let their next president, Andy MacPhail, get himself up to speed as a special assistant for the next three months. This before he takes the reins of the club next offseason.

"I know this franchise has been around a very long time," MacPhail said at a press conference Monday, "and I think this it the first time [the team has] gone outside of the organization to fill this role [of team president]. I am a little surprised you've hired me since I have been out for three years."

MacPhail, prior to his time away from the game, successfully led the Orioles to a complete overhaul that has resulted in the current competitive AL East combatant. He spent 12 years with the Cubs as president and CEO and reached the postseason twice in Chicago.

Before that, he was the youngest GM in history to win a World Series title with the Twins during the 1980s. He also served as a key negotiator for Major League Baseball during collective bargaining twice.

"Andy brings an uncommon blend of old-school experience and new-age thinking," John Middleton, a Phillies principal owner, said. "Old school because he has been building winning teams for over three decades. … In Baltimore, he greatly expanded the use of statistical analysis in player evaluations. That's the new-age thinking. These qualities, combined with his positive leadership style, make him the ideal candidate to lead the Phillies organization."

Gillick said MacPhail will assist him during the trade deadline but will not be making any decisions until the fall (the Phillies are expected to deal ace Cole Hamels, closer Jonathan Papelbon and a bevy of others). But that's by design. The 62-year-old needs to get back into a groove.

"This game has probably evolved two times over since I've been gone," MacPhail said.

EVAN MACY
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On Twitter

"Andy MacPhail? Really Phillies? You're just setting yourselves up for.....Phailure. See what I did there?"

Twitter sports fan @GConno11y5, one of many to weigh in on social media Monday

Looking up

'It's going to happen'

The Phillies' rebuild is beginning to look up, with the Phillies boasting two of the top prospects in all of baseball in shortstop J.P. Crawford and pitcher Aaron Nola. Each are tearing through the high minors and are close to joining young big league talents like Maikel Franco and Cesar Hernandez.

But with no manager to call the shots (Gillick said Pete Mackanin will remain interim manager at least through the Brewers series), and the worst run-differential and record in baseball, changes are likely on the horizon. It's something fans have been clamoring for since the team first hit the skids in 2012, after five-straight division titles.

"I know enough about fans, the fans have the right to think whatever," MacPhail said. "If they want it done tomorrow I get it, I understand. Sometimes it is hard for us. [Fans] can turn it off and walk away. We are there every day. We can get as impatient but we have to stay with our program. Even though it's not pretty now, you need to have the courage of your convictions. It's going to happen. It's just a question of when," he continues, commenting on when the team would be competitive again. "And how efficient we can be to make it happen sooner."

Time line

The Phillies went from best to worst, seemingly in a flash. Here's just a brief look at the mess Andy MacPhail and company will need to weed through.

- In 2007 the Phillies won their first NL East title since 1993, starting a stretch of five straight.
- In 2008, the team won the World Series, and won the pennant the following year.
- In controversial trades, the Phillies relinquished several prospects to deplete their farm system for Cliff Lee, Hunter Pence and others. When they eventually dealt many of these players away, they received little in return.
- Following their 101-win season in 2011, the Phillies missed the postseason in 2012. They haven't been back since.
- Management has been stuck with massive contracts for Ryan Howard, Jonathan Papelbon and others, making them difficult to trade to help jump-start the rebuilding process.
- As of Monday afternoon, the Phillies 27-50 record is the worst in baseball and their run differential of -123 is as well. They trail the entire MLB in many statistical categories.

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Confession

Shotgun suspect turns self in

One of two suspects in the shotgun shooting that wounded 10 surrendered to police on Monday.

Police say Dominic Lamar turned himself in Monday afternoon with his attorney. Kyleif Harley is still on the loose.

The two allegedly opened fire with a shotgun full of birdshot on a group of people attending a cookout on June 20 just before 10 p.m. on the 4100 block of Ogden Street.

Dominic Lamar / PPD

The two allegedly fired once at the crowd then drove away firing several more shots, possibly with a handgun, police say.

The 10 people hurt in the shooting included three children, a 1-year-old girl and two boys aged 11 and 12, as well as four males aged 22, 24, 25 and 46, and three females, aged 44, 48 and 59.

Police are asking anyone with information on Harley's whereabouts to contact police at 215-686-3183. A $10,000 reward is being offered for information leading to an arrest and conviction in this case. METRO

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While the duck was being towed on Thursday, seen above, it sustained the tears that left it damaged beyond repair.
MATTHEW LEISTER

Expensive, crowded, wet and no luck with the duck

What the duck?
The failure of the duck to inflate has brought our city together, in anger.

Oh man. We were all so excited. The world's largest rubber duck was going to grace the nation's fifth-largest city.

And really, we needed this. The Phillies are terrible again. The Sixers? Ugh. It rained SO much in May. We had something we could believe in. It was yellow, large, and known only as "Mama."

And sure, there were warning signs. A few weeks ago, the organizers of the tall ships festival wanted to inflate a 10-foot-tall baby duck named "Rocky" for a photo op. But they had trouble. But we ignored that. Our hearts got in the way of our heads.

Don't even get us started on the long lines to tour the ships and the even longer lines to ride the RiverLink Ferry to see the ships moored on that side.

When city residents discovered that Mama Duck wasn't available for our viewing pleasure — a fact many people didn't discover until after they paid for admission — there was anger, and some of that anger was funny.

On Facebook, one commenter noted that Mama Duck was "killed in Camden."

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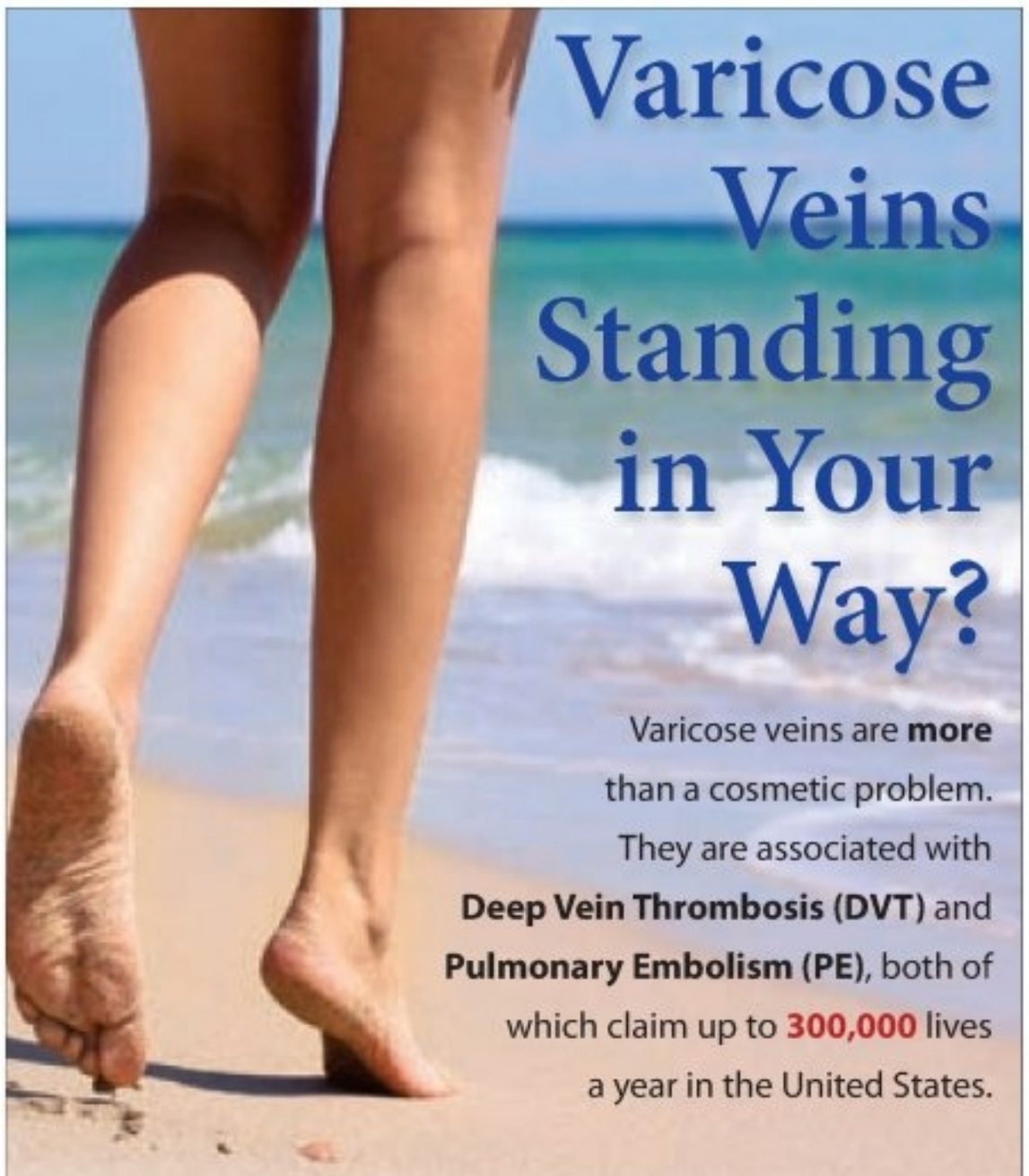

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A screen shot of Christie's video / PROVIDED

It's the Christie campaign video drinking game

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Everyone can play, because there's no actual drinking involved!

New Jersey Governor Chris Christie released a campaign video ahead of what is expected to be an announcement that he will run for the 2016 Republican nomination.

It's called "Telling It Like It Is," and the video is designed to reinforce Christie's reputation as a straight-talk man. It takes place at a town hall meeting.

Chris Christie, once considered a front-runner for the Republican nomination, has seen his fortunes decline over questions surrounding the politically motivated lane closures on the George Washington Bridge and the subsequent traffic jams in Fort Lee, New Jersey.

Christie was never implicated in the scandal, but it did its damage.

In the two-minute video, Christie connects his often confrontational style with his mother's love, saying, "I know if my mom were still alive, she'd say to me 'I taught you that in a trusting relationship, you don't hold anything back.' And if you're going to run for president of the United States, and you are going to ask these people for their vote … the single most trusting thing they can do as a citizen is to give you their support, so you better tell them exactly what you are thinking and exactly what you are feeling. And when you ask about my moral compass, that's it. That's it."

The video

The video is part of a campaign plan that Politico, citing Christie advisors, says is a "bank-shot strategy," one that does without the piles of donor cash from the business establishment that Christie can no longer count on. His hope is "that by exceeding expectations in debates and town hall events, and by performing well in a few select primary contests, he can re-establish himself as a top-tier candidate."

Visit **Metro.us** to view the video of Chris Christie's announcement.

Drink when you see:

Here are some things we missed in the video.

- An African-American person
- Any person of color
- Former Deputy Chief of Staff Bridget Kelly, who is currently under federal indictment in the Bridgegate scandal — or any mentions of Bridgegate at all
- Chris Christie saying anything about public policy
- More than three people who look to be under 25
- Chris Christie mentioning New Jersey

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Five things you need to know

1 Greece in shock as banks shut after snap referendum call

Stunned Greeks faced shuttered banks, long supermarket lines and overwhelming uncertainty on Monday as a breakdown in talks with international lenders plunged their country deep into crisis.

With Greece's bailout expiring on June 30 and an International Monetary Fund payment falling due at the same time, Prime Minister Alexis Tsipras pleaded in vain by phone with European officials to extend the program until a referendum on July 5 on its future terms.

The frantic efforts to secure Greece's place within the eurozone followed a dramatic weekend. Tsipras' decision, early on Saturday, to put the aid package to a popular vote took the lenders by surprise and sent Greeks rushing to cash machines.

It also pushed Greece toward defaulting on 1.6 billion euros ($1.77 billion) due to the IMF on Tuesday, which would take it closer to an exit from the eurozone. A Greek official confirmed to Reuters that the payment would not be made. REUTERS

A line at an ATM after Greece closed its banks. / GETTY IMAGES

2 First marriage licenses for same-sex couples issued in Louisiana

The first marriage licenses to same-sex couples in Louisiana were issued on Monday after state officials held off for several days on implementing a U.S. Supreme Court ruling that legalized gay marriage nationwide.

Two women were granted a marriage license in Jefferson Parish near New Orleans.

The state's Republican attorney general, Buddy Caldwell, issued a statement after the high court ruling Friday saying that his office had "found nothing in today's decision that makes the court's order effective immediately." REUTERS

3 State Dept. to release more Clinton emails

The U.S. State Department said it would release on Tuesday the next tranche of emails from Hillary Clinton's tenure as secretary of state.

Department spokesman Mark Toner told reporters on Monday the emails would be released, but he had no further details.

Clinton, the frontrunner for the 2016 Democratic presidential nomination, has been criticized for her use of a private email address, connected to a computer server in her home, for her work correspondence while she was the nation's top diplomat. REUTERS

4 Ku Klux Klan fliers left on lawns in LA suburb

Ku Klux Klan propaganda fliers were left in front of houses in a Los Angeles suburb over the weekend, the second such incident in Southern California in a week, prompting homeowners to contact police.

Police in Whittier, California, about 12 miles southeast of Los Angeles, said in a statement the fliers touting the white supremacist group were found littered on lawns in one block on Sunday.

"Throughout the block, clear Ziploc bags ... contained fliers, a rock and pieces of candy," police said on Sunday. "No specific threats were noted on the fliers, and no crime has been established." REUTERS

5 Court agrees to weigh affirmative action in school admissions

The U.S. Supreme Court waded into a new major battle over the future of affirmative action in college admissions by agreeing to take up for the second time a challenge to the process for picking students used by the University of Texas.

The justices agreed to hear a case brought by Abigail Fisher, a white applicant who was denied admission to the entering class of 2008 at Texas' flagship state university. The court will review a July 2014 ruling by the New Orleans-based 5th U.S. Circuit Court of Appeals in favor of the university. REUTERS

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NBC fires Trump over his Mexican remarks

Mexico. Trump's provocative comments were the latest in a series of swipes against our southern neighbor.

NBC ended its relationship with real estate developer and TV personality Donald Trump and his "Miss USA" and "Miss Universe" pageants on Monday after he made comments insulting Mexicans when he began his run for president.

The pageants, which are part of a joint venture between NBCUniversal and Trump, would no longer air on NBC "due to the recent derogatory statements by Donald Trump regarding immigrants" the company said in a press release.

Trump was already not going to take part in "The Apprentice" on NBC, a show in which he uses "You're Fired!" as his signature command to eliminate contestants. NBC said "Celebrity Apprentice" licensed from United Artists Media Group would continue. Univision said on Thursday that it would not air the Miss USA pageant on July 12 because of Trump's remarks. Trump's lawyer said the billionaire would sue the U.S. Spanish-language TV network.

Trump said on Monday after the NBC announcement that he was no longer affiliated with the broadcaster but stood by his campaign trail comments.

"Mr. Trump stands by his statements on illegal immigration, which are accurate. NBC is weak, and like everybody else is trying to be politically correct — that is why our country is in serious trouble," a Trump Organization statement said.

Trump also made inflammatory comments about fellow Republicans. / GETTY IMAGES

Trump, in announcing on June 16 that he was seeking the Republican Party nomination for the November 2016 presidential election, described migrants from Mexico to the United States as drug-runners and rapists.

Univision said it would also sever ties with the Miss Universe Organization, a joint venture between Trump and Comcast-owned NBCUniversal. -

Quoted

"They're bringing drugs, they're bringing crime, they're rapists, and some I assume are good people, but I speak to border guards and they tell us what we are getting."

Trump said in opening his campaign

Had enough of him? Take a swing at the Donald Trump piñata

Donald Trump has been officially running for president for about two weeks and has already managed to piss off an entire country: Mexico.

Naturally, Trump's words have inspired outrage in both the U.S. and Mexico. As a response, piñata effigies of the candidate have been growing in popularity in Mexico.

We caught up with the creator of the Donald Trump piñatas, Dalton Ramirez, who explained what inspired him to turn Donald Trump into a piñata, why they're so popular and who his next target is.

Why did you make a piñata of Donald Trump?
It occurred to us to do the piñata of Donald Trump as a form of protest. To respond, in our own way, to his comments on our Mexican countrymen. Since our place is in a border town where we see the [immigration] battle and how the problem can cause discrimination.

How do you make them?
The piñatas are made of newspaper and cardboard [stuck together] with paste and glue. For the bigger piñatas, we use wire to form the body.

Do you have plans to sell them to customers on the Internet?
We are researching shipping the piñatas because so many people in the United States want the piñata. We also hope to send them to other places like England.

MATT LEE, METRO

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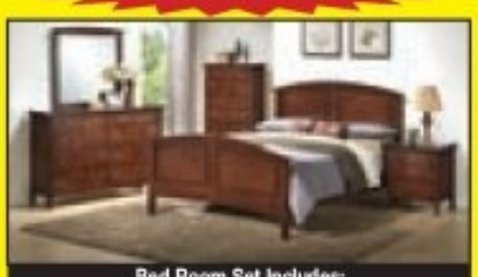

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Shot New York prison escapee is in serious but stable condition

Status. The hospital said Sweat will remain there for at least a few days while his condition stabilizes.

Seth Lockwood, 10 and his sister Riley, 12, give thanks to New York State Troopers following the captureof convicted murderer David Sweat in Malone, New York. / GETTY IMAGES

Doctors updated the condition of New York prison escapee David Sweat to serious from critical on Monday, a day after he was shot by police after more than three weeks on the run, hospital officials said.

Sweat, 35, is being treated in the state capital where a trauma team at Albany Medical Center determined that the convict did not require surgery, the hospital said in a statement.

He was arrested near New York's border with Canada two days after border patrol agents fatally shot his fellow escapee, Richard Matt, 49, following an intense manhunt launched after the convicted killers were discovered missing from the Clinton Correctional Facility in Dannemora, New York, on June 6.

Gov. Andrew Cuomo told NY1 News on Monday Sweat was in shock. No additional information about his condition was available.

Sgt. Jay Cook of the New York State Police was on patrol alone when he spotted Sweat on a road on Sunday afternoon. The fugitive took off running and the officer shot him twice in the torso.

Photographs surfaced on the Internet of the arrest of Sweat, who was unarmed and appeared bloody and slumped over as law enforcement officers tended to him.

Sweat was captured in Constable, about 40 miles northeast of Dannemora and less than two miles south of the Canadian border.

Police located Matt on Friday in Duane, 23 miles south of Constable, and killed him when he failed to comply with an order to drop his shotgun.

Some 1,300 law-enforcement officials searched for the convicts.

Matt and Sweat split up five days ago when the younger Sweat decided Matt was slowing him down, Cuomo said.

Matt, who turned 49 the day before he died, had bug bites, blisters and abrasions, according to autopsy results.

Quoted

"This plot was 'Shawshank Redemption' meets 'Cool Hand Luke.'" Cuomo

NY State Police Sgt. Jay Cook
NY STATE POLICE

The pair planned to drive to Mexico with the help of prison employee Joyce Mitchell, who is charged with helping in the escape, Cuomo said in a WCNY radio interview.

Mitchell has told investigators she was supposed to drive the getaway car but checked into a hospital instead, complaining of panic attacks.

REUTERS

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OMG! The world will experience a 61-second-long minute

The so-called "leap second" will be added to clocks on June 30 at 23:59:60 universal time (UTC). The extra second will be introduced in order to synchronize atomic clocks to the Earth's ever-slowing rotation. The time adjustment sounds controversial but insiders believe it necessary. "If we ignore the leap second, in several thousand years you would have your breakfast at noon," Daniel Gambis, head of the International Earth Rotation Service (IERS) in Paris, told Metro.

The "leap second" / FLICKR CREATIVE COMMONS

Why introduce the "leap second"?
In the past, the reference time used all over the world was based on the solar time or the rotation of the Earth. But ever since the Earth's variation was discovered to be non-uniform, the reference time adopted in the beginning of the 1970s was switched to the atomic time based on atom properties. In 1972, UTC (Coordinated Universal Time) was introduced; it's based on atomic time and constrained to be close (within 1 second) of the solar time. When the difference between these two clocks approaches one second, it is necessary to reset the clocks by introducing a leap second in UTC. The Earth Rotation Service has the task to predict when a leap second needs to be introduced.

What problems could this "leap second" cause?
If the leap second prediction is not taken into account to reset UTC, some problems can arise in systems using precise timing (network synchronization, computer systems). The airplane reservation system Amadeus for Qantas crashed in 2012 …

Have we experienced "61 seconds in a minute" before?
Yes, 25 times since 1972.

If the standard time would fall out of sync with the Earth's rotation, what would happen?
If the reference time based on atomic time is decoupled from the solar time both clocks will diverge. One second, two seconds, 10 seconds, one minute. … In about 3,000 years there will be one hour difference between the two clocks. In several thousand years, you would have breakfast at noon.

What does the future hold for Earth's time?
In November 2015, there will be a meeting at the ITU (International Telecommunication Union) in Geneva, Switzerland. Representatives of countries across the world will decide on the future of UTC: continue the leap seconds adjustment procedure in UTC or an alternative solution, maybe based on the suppression of this process. In that case, the time of reference based on atomic time would be decoupled from the rotation of the earth.

DMITRY BELYAEV, MWN

Question

The 'leap second' has its detractors. Why so?

The system of introducing leap seconds in UTC presents different drawbacks for various communities (like satellite navigation, computer network synchronization, financial markets, etc.) which favor a continuous time scale without any jump. Still, this system remains a good compromise to maintain the reference time close to the solar time. There have been many debates in the scientific community but no consensus emerged so far to change the system.

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2

CULTURE

Twitter feed

Today, Chloe Grace Moretz has a bucket list, Steve Martin doesn't want to waste time, Ben Stiller is feeling a bit out of touch, RuPaul means business and Conan O'Brien is trying the Diddy workout.

@ChloeGMoretz: have to see the @RollingStones live in concert before I die

@SteveMartinToGo: What to do. I have no plans for the leap second this year.

@RedHourBen: I keep accidentally taking pictures of my apple watch. I don't quite understand what is happening. But I know I have done 11 hours of "standing".

@RuPaul: Today's Mantra: Bitches Better Beware

@ConanOBrien: Worked out with kettlebells this morning and didn't get arrested. What am I doing wrong?

1

Behold, the Kim Kardashian sex tape flag

If Kanye West squinted out into the crowd at his Glastonbury music festival headlining slot, he might have caught a glimpse of my favorite new flag. In protest of West's appearance at the fest, an audience member created a giant flag of a screen grab from Kim Kardashian's career-making sex tape with Ray J, along with a lyric from West's "Gold Digger." I'm pretty sure West didn't actually see it, as his head didn't explode, but I'm all for this. Now that the Confederate flag is on its way down the old pole, can I nominate this as a replacement?

@LUKEHOPSON91, TWITTER / GETTY IMAGES

3

More reasons to worry about 'Suicide Squad'

@DAVIDAYERMOVIES, TWITTER

If your big studio movie needs an on-set therapist, maybe that should be a big red flag. "David Ayer is about realism. So if your character is tormented, he wants you to torment yourself. He wants the real thing," star Adam Beach tells E! News about the atmosphere on set for the supervillain team-up movie. "We kind of have like a therapist on board if you fall off the wagon and really are villainous. There's a friend of David that's very unique in making sure we have our ground." Oh, good. As long as there's an unlicensed friend of the director's to keep things nice and healthy.

THE WORD

Ned Ehrbar takes on the world of gossip.

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4

Doctor Shia!

Shia LaBeouf has been popping up in some odd places lately, morphing his public persona into some kind of bizarre performance art piece. But this — which he didn't necessarily have anything to do with — is just plain neat. Artist Brandon Bird has gone and rendered The Beef as all 13 incarnations of Doctor Who for … some reason. He makes a surprisingly good Time Lord in any era, but the 10th really looks the most natural. But maybe that's just the David Tennant fan in me.

BRANDONBIRD.COM

5

Amy Schumer has the best body issues responses

Every time Amy Schumer opens her mouth these days, more awesomeness spills out. The latest? She speaks up for her curves and against the body image issues rampant in Hollywood. "It's very therapeutic for me to be like, 'Yes, I'm not going to look like a malnourished bird,' and I like speaking to that, as well as speaking to my work and what I'm doing," she says, according to People magazine. That's a much more demure and even-toned take on the issue than how she phrased it in London when accepting a Woman of the Year award from Glamour: "I'm probably, like, 160 pounds right now, and I can catch a d— whenever I want," she said. "Like, that's the truth. It's not a problem."

GETTY IMAGES

Daily video

CINEMASINS, YOUTUBE

CinemaSins finally goes too far

Hugely popular YouTube channel CinemaSins has developed quite a reputation for nitpicking embarrassing Hollywood blockbuster blunders, but come on, guys. You can spoil the fun of Michael Bay's "Transformers" franchise all you want, but then you start pointing out flaws and logic problems with "Terminator 2: Judgment Day," possibly one of the most perfect action films of all time. "Terminator 3: Rise of the Machines"? "Terminator: Salvation"? Sure, go to town. But you leave "T2" alone. Jerks.

Yes, straight dudes can enjoy 'Magic Mike' too

Channing Tatum, center, leads an army of six-packs in Steven Soderbergh's "Magic Mike." / WARNER BROS. PICTURES

In defense. The 2012 stripper dramedy and its new sequel were made for women and gay or bisexual men. But there's stuff for hetero bros, too.

It's really well-made

"Magic Mike" delivers the goods, which is to say junk thrusts toward the lens, plus Channing Tatum buttage by minute two. But it wasn't helmed by some exploitation hack; behind the lens was the guy nominated for two best director Oscars the same year. (He won for "Traffic" over "Erin Brockovich.") Steven Soderbergh gives it his usual detached, almost clinical tone, which helps downplay the script's occasional soapier, hoarier tendencies. And because he photographed it too (as he did "Magic Mike XXL," which he did not direct), it looks great, and not only when ripped alpha gods are strutting about.

It's about something

Stripping is a job, and "Magic Mike" never forgets it. In fact, it's very much a film in our world, namely one still caught up in the wake of the economic apocalypse. Tatum's Mike has a dream: creating an oddball furniture business. Money is always on everyone's mind. Sometimes they're even funny about it. In a scene where Mike tries and fails to get a loan from a bank, his exasperation is expressed in modern vernacular: "I read the news. I know the ones in distress are y'all." Speaking of which…

It's pretty funny

Along with boasting its star's dance moves and deeply impressive back-flip abilities, "Magic Mike" is a showcase for Tatum's by now established comedic chops. He has a way with a mumbly, weird line reading, plus an endearing knack for letting his goofy side fly. His jokey side mixes nicely with that of his director, who has one of the oddest senses of humor in the biz. Soderbergh gives "Magic Mike" a deadpan air, plus oddball jokes, like the retro Warner Brothers logo and forcing co-star Matthew McConaughey to mock his own bongo-gate.

The dancing is good

Straight men, don't be so uptight. A solid dance scene is a solid dance scene, and even if you're no great admirer of the male figure, you can enjoy the copious stripping numbers as performances. You can also enjoy them for what they are, namely sequences whose chief visual pleasure is not for straight men. That rarely happens in blockbuster cinema, which is almost uniformly aimed at delighting male teens, or the male teens inside us (maybe). That they're goofy, filled with silly costumes and ridiculous concepts, helps too. If you're a straight male watching "Magic Mike," you can enjoy that someone who isn't you is, for a change, being taken to their own happy place.

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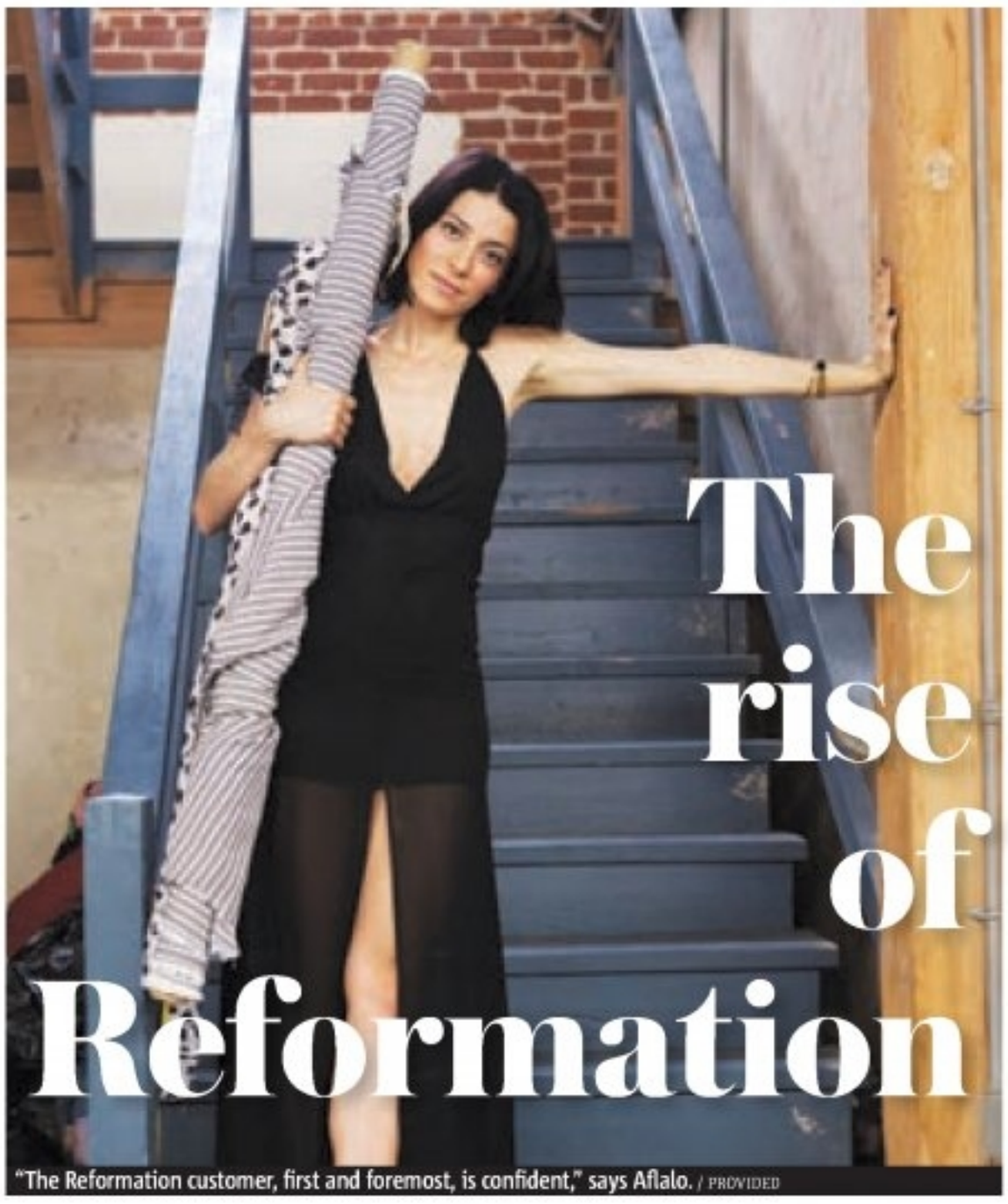

The rise of Reformation

"The Reformation customer, first and foremost, is confident," says Aflalo. / PROVIDED

Eco chic. Our secret go-to shop for glamorous, guilt-free dresses is blowing up.

Forget fast fashion. At Reformation, it's act-fast fashion.

The eco-friendly brand — a favorite among in-the-know girls — creates limited quantities of its covetable dresses, jumpsuits and crop tops, which sell out in the blink of an eye. "It makes Reformation clothing exclusive," explains founder Yael Aflalo of the brand's quick turnaround.

The company releases small batches of new styles every two to five weeks. How small? Aflalo told the New York Times that there are rarely more than 40 pieces per style and color.

This buy-it-now-or-sorry-sucker format was key to Aflalo, who wants shoppers to breeze into a party in a one-of-a-kind showstopper rather than wearing the same exact number as the next gal.

"When I see thousands of the same dress on a rack — it doesn't matter how beautiful it is — I don't want it," says the 38-year-old.

The party dress, after all, is what Reformation's cult status is built on. Want to turn heads at an upcoming wedding, date night, garden party or weekend rendezvous? The brand's signature long, lean frocks — which chan-

Behind the scenes

The fabric

How does your design process work?
We have a pretty big team. We meet and talk about what we're into. We stay away from fantasy stuff and stuff that's not very wearable. Because we have a really quick turnaround — we can make our clothes in two to five weeks — it means we just have to sit and think, "What do I want to wear in two weeks or next month?"

Why was it so important to be sustainable?
To me, being sustainable is an obvious choice. Why would anyone want to contribute to pollution? Being that type of person who was aware and shopped at Whole Foods, I realized that there weren't any options for fashion. I'm drinking a green juice, but I'm walking around in a dress made from chemicals. I knew I had the experience and the passion to create a sustainable company that was also fashionable.

What makes the brand eco-friendly?
We make our clothes three different ways. The first way is we buy vintage clothing, and we repurpose them. The second way is we buy extra fabric from designers. And the third way is from actual sustainable fabric that we've purchased. We go out, we'll find the most sustainable fabrics available, and we'll buy those. That's actually how most of our clothes are made.

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On her list

Three things Aflalo's loving

1 "I really love gladiator sandals. I'm so happy the ones that go to your knee are back."

2 "I'm so excited that giant boho dresses are back in because then I can eat my cheeseburger and have this giant dress on."

3 "Mismatching earrings because I always lose earrings, and this is perfect for my one-earring collection."

Ancient Greek sandals, $395, Net-a-porter.com

DANIKA DRESS, $228, THEREFORMATION.COM

MISMATCH EARRINGS, $14, TOPSHOP.COM

nel that Michelle Pfeiffer in "Scarface" glamour with Rihanna's swagger — will come to your rescue.

Not only are Reformation's clothes produced using sustainable fabrics and practices, they're also affordably priced. Most frocks range from $88-$260, and T-shirts start at $28. (No wonder they sell out.)

So far, the formula is working. Aflalo reported $25 million in sales last year. And supermodel Karlie Kloss even signed on as an investor. She's just one of Reformation's many famous fans: Rihanna, Taylor Swift and Rosie Huntington-Whiteley are some of the celebrities who shop at the Los Angeles and New York boutiques.

With several new launches — a petite line, suiting collection and lower-price range — we're guessing you're going to have to hustle extra hard to snag one of the pieces. But walking into your next party will be so worth it.

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Karlie Kloss / GETTY IMAGES

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Holly Madison's shocking Playboy confessions

Interview. The former Playboy bunny and author of "Down the Rabbit Hole" lets her guard down and gives us an inside look at life at the Playboy mansion.

"Down the Rabbit Hole" gives an extremely personal look at what it's really like to be a Playboy bunny. / GETTY IMAGES

Former Playboy bunny and "The Girls Next Door" reality star Holly Madison's new tell-all, "Down the Rabbit Hole," just hit bookstores and is already creating enough controversy to elicit comments from fellow former bunny Kendra Wilkinson and even Hugh Hefner himself. We call up Madison to clear the air.

In the book, you describe having sex with Hef, something you never once enjoyed. Did any of the girls enjoy having sex with him?
I don't think so. I felt like all the girls [saw it as] a chore and just wanted to get it over with as soon as possible.

Did drugs play a part in helping the girls get through difficult aspects of the lifestyle?
There were definitely some girls who used drugs at the mansion and offered me drugs. Hef offered me Quaaludes our first night out. [In Madison's book, Hefner is quoted as saying, "In the '70s, they used to call these drugs 'thigh openers.'"] I drank a lot on our nights out because I wasn't always 100 percent comfortable with what was going on.

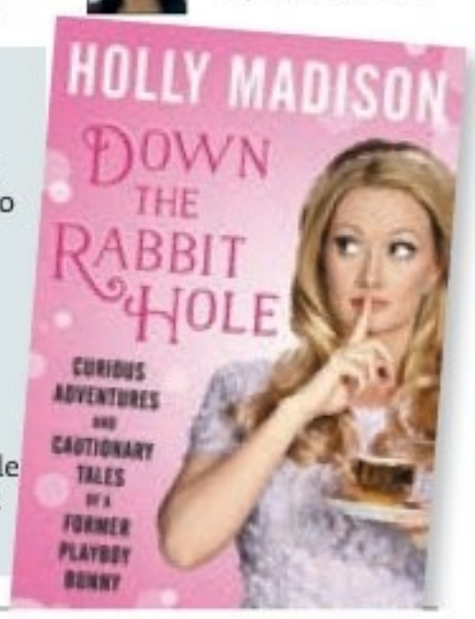
At one point, you actually contemplated suicide.
It's hard to talk about feeling suicidal because people want to jump down your throat and accuse you of attention-seeking or [just don't] believe you. But I felt so bad about myself and lost to the situation. I felt [tied] to the decisions I made and branded. I was scared to leave.

How did you pull yourself out of such a dark place?
It took a lot. ["The Girls Next Door"] really helped save me. When you film a reality show, you need interesting things to do, so I got a job at the Playboy studios where I was learning and meeting artistic people. Having an actual job helped my self-confidence and helped me grow.

EMILY LAURENCE
@EmLaurence
emily.laurence@metro.us

Firing back

The book just came out last week and is already making headlines. Is there anything you've read in the press you want to comment on or clear up?
I'm really, really surprised by how much attention the book is getting. I didn't really think I was relevant and thought the only publicity it would get would be word of mouth. Of course scandalous things come out, and people respond, but I can tell from what they are saying that they haven't actually read the book; they've only read an excerpt or headline. The book is over 300 pages for a reason. I wanted to tell my story. I wanted to be fair about where I was coming from. I wanted to be honest about what my motivations were and the decisions I made. So, I would encourage people to read the whole book before they judge.



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Our story has supporting characters who provide love and assistance, and antagonists who cause us to realize what we're made of and what's really important. Like stories, our lives are filled with suspense. The decisions we make, both big and small, affect our storyline — the relationships we choose, how we spend our days and how we nourish ourselves physically, mentally, emotionally and spiritually.

In fact, creating one's personal myth is a fundamental way in which we find meaning in life. This is not necessarily the stuff of narcissism or navel-gazing. Rather, the more intimate we become with our story, the more we realize that everyone has their own equally valid and important narrative, of which they, too, are the central character. And the more we identify with each other's stories, the more we realize how connected we all are.

What if we could transform our character arcs into something worthy of the Hollywood treatment? That's the goal of my new book, "Step Out of Your Story: Writing Exercises to Reframe and Transform Your Life." Thinking of yourself as a character in your life can help you get a novel perspective on situations, and even take your story in exciting new directions.

For example, if you're stuck in a loop, ask yourself these questions, starting with, "If I were a character in a novel or movie..."

- *What do I hope the hero would do in this situation?*
- *What outcomes would I root for as the viewer of this story?*
- *What might this situation be teaching the hero?*
- *How might he or she make the most of this situation to become a better version of him or herself?*
- *If you're a spiritual person, examine why a benevolent author would place the hero in this particular situation.*

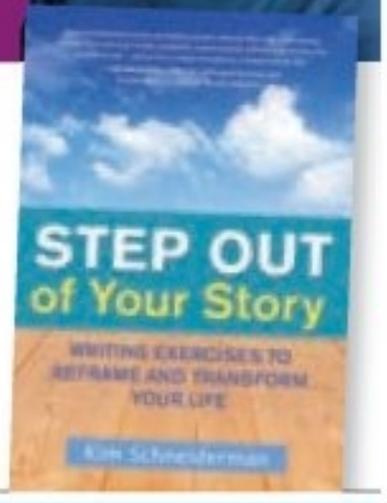
Once Upon a Couch

KIM SCHNEIDERMAN, MSW, LCSW

STEPOUTOFYOURSTORY.COM

Kim Schneiderman, LCSW, is a psychotherapist and the author of "Step Out of Your Story: Writing Exercises to Reframe and Transform Your Life." Email Kim your questions at askkim@metro.us.

With a little imagination and positively directed self-inquiry, we can step out of our stories, check out the landscape, and determine whether to stay the course or reroute. From there, we can transform obstacles into opportunities to break bad habits and improve our character, becoming true heroes of our own living stories.



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No 'Magic' to

We find out just what it takes to get ripped like the men of "Magic Mike XXL."

ELODIE NOEL, MWN
@metronewyork
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Celebrity trainer Ron Mathews first started working with Joe Manganiello six years ago, when the actor was cast in HBO's "True Blood."

Back then, Manganiello was 6'5" and weighed 240 pounds, and Mathews remembers him saying, "'I want to get bigger; I want to be muscular.' And I told him, 'Actually, you need to get smaller.'"

It's related to the camera adding 10 pounds: "When you do a slow workout, you tend to look big in person, but you look a bit floppy onscreen," he explains. "Taking his body fat down makes muscles pop onscreen."

What it takes to take it off

But Manganiello had to push his regime (detailed in the book he and Mathews worked on together, "Evolution") even further for the male stripper sequel "Magic Mike XXL."

"For 'Magic Mike,' he wanted to look really big and cut," Mathews says. "It's a very physical role with the dancing; it was about looking good but also moving well with coordination like an athlete. It was about training to be able to perform, as opposed to just standing there in front of the camera and looking good."

Training meant working out six days a week — twice a day. Mornings were cardio (on an empty stomach) then in the afternoon or evening, Manganiello did weight training. The workout takes about an hour, including a warm-up and a cool down, and it is very fast, with few breaks. "The idea is to keep his heart rate very high," says Mathews.

The role of food

The right diet is a huge part of the regimen, and Manganiello was a dream client. "He is incredibly disciplined," says Mathews. "The good thing about him is that he doesn't need a lot of variety, so if you tell him that's what you need to eat, he will do it over and over again."

When you're working toward a fitness goal, Mathews says, food is not for pleasure; it is just another tool. Manganiello ate six meals a day, roughly 500 to 600 calories each with 30 percent protein, 30 percent fat and 40 percent carbs. Each meal was

Joe Manganiello does some weight lifting in "Magic Mike XXL."

Recipe

Sunshine salad

There are people who grill on the Fourth of July, and then there are people who are doing it wrong. And with barbecue comes the traditional "salad" that's basically a jar of mayonnaise with some green stuff floating in it: coleslaw.

There's a better way. This take on traditional coleslaw from NYC's Organic Avenue, the vegetarian grab-and-go chain rethinking traditional salads, is not only nutrient-dense but more delicious.

The carrots remain, but the cabbage is swapped out for shredded broccoli stems, tossed with earthy walnuts and tart dried cranberries. The necessary creaminess comes from vegan mayonnaise made with cashews.

Not only is this a great alternative coleslaw, it was actually built for outdoor events. The dressing won't spoil, and all that sunshine will boost your vitamin D, which the vitamins A and K in broccoli help metabolize. And while there's no substitute for sunscreen, cranberries are full of free radical-fighting vitamin E. Eva Kis

Organic Avenue's Broccoli Slaw

Ingredients for slaw:
- ½ pound shredded broccoli stems
- ½ cup shredded carrots
- 3 tbsp. chopped walnuts
- 1 ½ tbsp. dried cranberries
- 1 ½ tbsp. chopped scallions
- 1 ½ tsp. sunflower seeds
- 3 ½ tbsp. cashew mayo
- 3 ½ tbsp. preferred salad dressing
- ½ tbsp. lemon juice
- Pinch of salt

Ingredients for cashew mayo:
- 1 cup soaked raw cashews
- 1/4 cup vegetable broth
- 2 tbsp. fresh lemon juice

Directions:
To make mayo, blend all ingredients until creamy; season with salt. For slaw, toss shredded broccoli with carrots, walnuts, dried cranberries, scallions and sunflower seeds until well combined. In a separate bowl, mix the cashew mayo, salad dressing, lemon juice and salt until well combined. Dress the veggie mixture right before serving. Yields 1 pound (3-4 servings).

this hardbody

CLAUDETTE BARIUS, WARNER BROS.

pretty similar and consisted of eggs, chicken, vegetables and rice or potatoes. The calories could also come from a big salad or sushi, as long as you go easy on the rice.

"When trying to lose fat while keeping your muscle, you need to make sure you get enough calories, because if you don't, you will lose muscle," explains Mathews. "You need to be able to maintain your frame and have enough energy to pursue your workout."

The workout

Morning: 40-60 minutes of cardio: jogging, rowing or cycling

Afternoon: A full-body workout with multi-joint exercises (also called compound exercises), made up of movements in which your body must change the angles of more than one joint while performing the motion. It's a highly effective way to engage the entire body.

Example sequence:
- 15 bench presses
- 10 plyometric (clapping) pushups
- 10 regular pushups

Followed by some functional exercises:
- Tire flipping
- Box jumps

Then back on the bench press...

Try this alternative coleslaw at your July 4 cookout. PROVIDED

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Letters to the editor

The crux of the Equal Protection clause

The first thing to point out is that the definition of marriage is not in the Constitution — it is an opinion.

The second is that section one of the 14th amendment states, "The Equal Protection Clause of the 14th amendment of the U.S. Constitution prohibits states from denying any person within its jurisdiction the equal protection of the laws." See U.S. Const. amend. XIV. In other words, the laws of a state must treat an individual in the same manner as others in similar conditions and circumstances.

A violation would occur, for example, if a state prohibited an individual from entering into an employment contract because he or she was a member of a particular race. The equal protection clause is not intended to provide "equality" among individuals or classes but only "equal application" of the laws.

The result, therefore, of a law is not relevant so long as there is no discrimination in its application. By denying states the ability to discriminate, the equal protection clause of the Constitution is crucial to the protection of civil rights.

What this essentially means is that states don't have the authority to discriminate, which is what was being done.

BRIAN GRAU, VIA EMAIL

Weekend's answer

Have a fun summer wihout the buzzkill

If you worked hard to earn your bikini body or are just trying to avoid gaining weight this summer, your social calendar probably feels like self-sabotage. Here are three Do's and Don'ts to have a fun but healthy summer without being a buzzkill.

Do's

1. Do learn how to order a skinny cocktail without sounding like a basic b—. Tequila doesn't spike your blood sugar like other alcohols and is low in calories. Tell the bartender you want clear tequila like Patron with club soda, a splash of grapefruit juice and fresh limes for a low-calorie margarita.

2. Exercise before you hit the beach for a flatter stomach or buffer arms. Aim to fit in at least a 30-minute workout, cardio or strength, before putting on a bathing suit to debloat your body and look leaner without losing any actual weight.

3. BYO to the barbecue or beach party. If you're worried about there being nothing but potato salad, chips and cheap frozen burgers at the next BBQ, offer to bring a healthy dish. From a mezze platter to grilled chicken sausage, bring a veggie-heavy or lean protein option you know people will enjoy.

SarahFit

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Don'ts

1. Don't talk veganism, grassfed, organic or gluten-free at the party. Want to be a buzzkill at a party? Bring up the latest article your favorite guru blogged about. No one cares about your dietary preferences.

2. Don't day drink like it's the Fourth of July every weekend. It's easy to consume six-plus beverages when you are doing it over the course of six hours at the beach. That's 720 minimum empty calories a day, assuming you choose light beer. It takes just 3500 extra calories to gain a pound of fat so you can plan to gain at least five pounds by the end of summer.

3. Don't skip your workouts. It's all about damage control. If you can eat clean and exercise vigorously for at least 60 minutes, four days a week during the summer, hopefully your physique will remain unchanged.

For exclusive commentary, visit Metro.us/blogs.

Sudoku: Easy and hard

2	6	4		1				
		9				1		
		1	5		7			6
9			8					5
7			9	5	6			8
3					4			9
4			1		3	5		
		5				7		
				7		4	9	1

8					1		6	7
	5		3					
		4	6			3		
4	8		1					6
6	3						8	1
5					8		3	4
		8			5	6		
					4		1	
2	4		7					5

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Horoscope

Cancer | June 21-July 22 Unforeseen events in the workplace will allow you to show off your grace under fire. Your skills and loyalty will be recognized and rewarded.

Leo | July 23-Aug. 22 Look into ways to make yourself look and feel better. A positive self-image will help you project confidence, and both your professional and personal lives will benefit as a result.

Virgo | Aug. 23-Sept. 22 Expect friction at home if you haven't been fulfilling your responsibilities. You can avoid heated debates by living up to your promises without complaints.

Libra | Sept. 23-Oct. 22 Your versatility and talents are being noticed. If you keep presenting your innovative ideas, you will win favor from those in a position to help you out.

Scorpio |Oct. 23-Nov. 21 Seminars will highlight your drive and determination. You will be given the chance to use your excellent communication skills to full advantage when dealing with colleagues or superiors.

Sagittarius | Nov. 22-Dec. 21 You will increase your knowledge through travel. Interesting things can be found in exotic locations or unfamiliar places closer to home. Get out.

Capricorn | Dec. 22-Jan. 20 A misunderstanding with a colleague will cause an uncomfortable environment in the workplace. You can rectify the situation if you deal with issues honestly and without argument.

Aquarius | Jan. 21-Feb. 18 Your fine performance at business meetings or organizational functions will result in positive feedback, giving you inspiration and confidence.

Pisces | Feb. 19-March 20 Putting in long hours at work will win points with your boss, but those you care about will not be impressed. Spend quality time with loved ones.

Visit us online at Metro.us.

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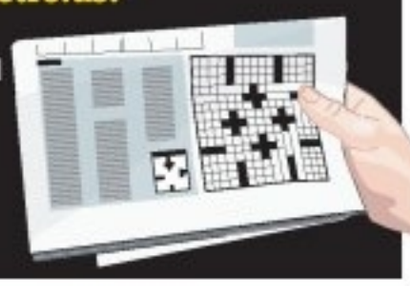

Aries | March 21-April 20 Put your energy to good use tying up loose ends or finishing projects. You will have the opportunity to take on extra tasks if you are organized, making you popular with those counting on you.

Taurus | April 21-May 21 Stick to your duties. Working alone will allow you to get more done. Others will take advantage of you if you are too easygoing or readily available.

Gemini | May 22-June 20 Don't be put off if others want to do their own thing. Do something you can enjoy alone, or reflect on the past in order to improve your future.

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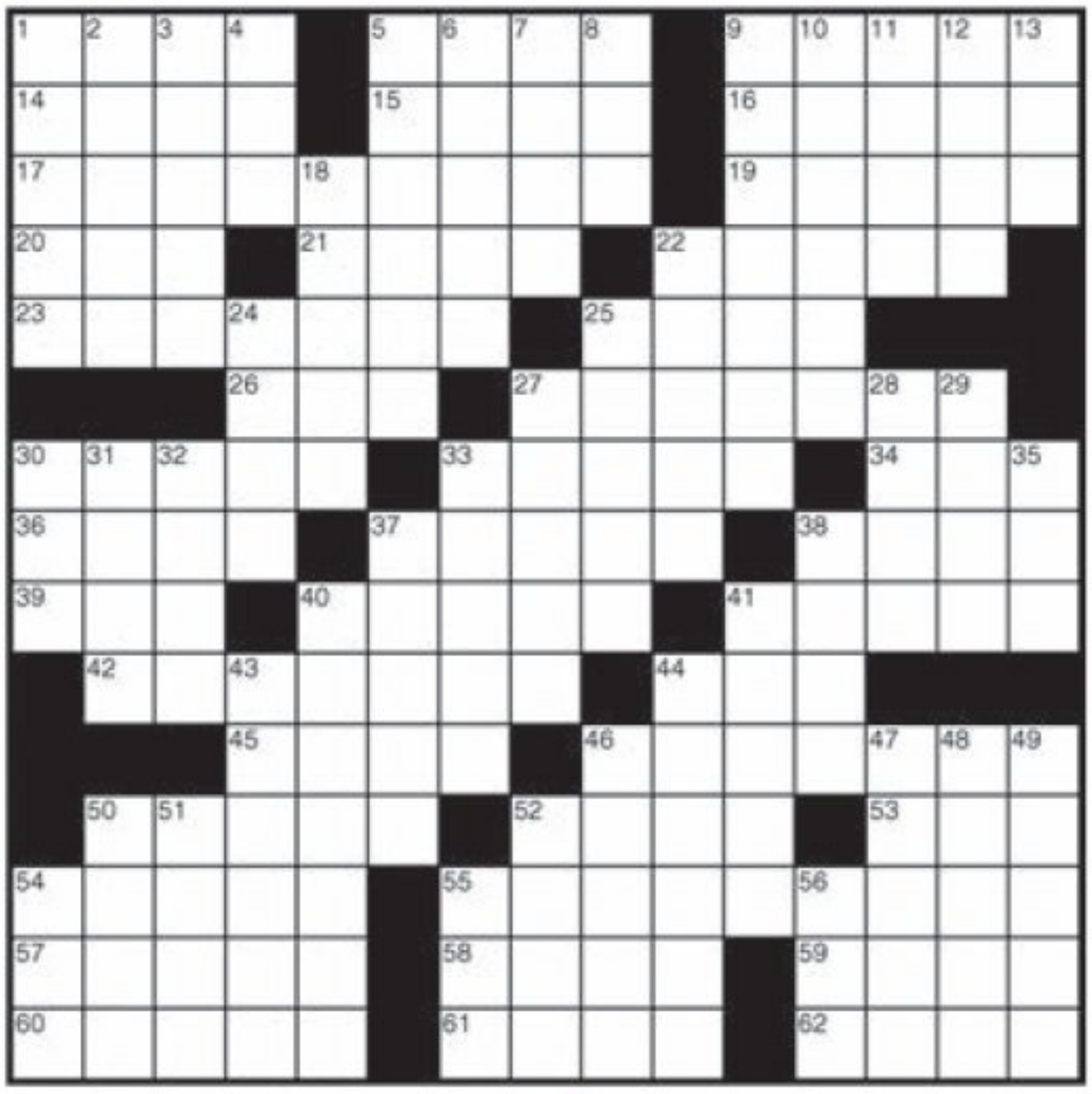

Across

1 Big umbrella
5 Form 1040 experts
9 Teddy bear look-alike
14 Hydrox rival
15 — mater
16 Any of Charlie's girls
17 Blowout or bash
19 Paper quantities
20 Wheel buy (2 wds.)
21 Forest browsers
22 Bumper-car locales
23 Bacon servings
25 Liverpool poky
26 Nutritious grain
27 Work waiting
30 Ski lifts (hyph.)
33 Nick of films
34 Yale athlete
36 Linen vestments
37 Poet — Neruda
38 Aloha in Rome
39 Diner coffee
40 Bayou dish
41 Goes belly up
42 March 17 gab?
44 Brief homily?
45 Raised platform
46 Beauty treatment
50 Mustang
52 Meditation guide
53 Monastic title
54 Princess topper
55 Galvanized
57 Sigh or murmur
58 "Como — usted?"
59 Fix a shirttail
60 Like a bird's eye
61 Charon's river
62 Movie lioness

Down

1 Succeed (2 wds.)
2 Gladiator's place
3 Butte cousins
4 Food cooker
5 Frolic
6 Operates a ferry
7 Tsp. and oz.
8 Right to decide
9 Bar sing-along
10 Dramatist Eugene —
11 Petri-dish contents
12 Moon buggies
13 Unser and Gore
18 Hunches
22 Ipso —
24 — d'oeuvres
25 Ernest or Julio
27 London cop
28 Mademoiselle's eye
29 Very willing
30 — Mahal
31 Splotch
32 Explorer — Tasman
33 Appellations
35 Yellow moths
37 Wars against Carthage
38 Firm, for short
40 Silo, maybe
41 Disgusted (2 wds.)
43 Lit incense to
44 Extra levy
46 Stale and damp
47 Run — of the law
48 Gator cousins
49 "The Castle" author
50 Forkful of food
51 Pro —
52 Wind burst
54 Movie popcorn size
55 Second notes
56 Country addr.

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3 SPORTS

Rinaldo dealt

Flyers keep making deals

The Flyers already have a slew of young prospects and some franchise cornerstones in guys like Claude Giroux and Jakub Voracek, but the team seems to be aggressively trying to make cap room to net a premier free agent. The most recent transaction from Philly came Monday when the team sent enforcer Zac Rinaldo to the Bruins in exchange for a 2017 third-round pick. In the days following the NHL Draft last weekend, the Flyers also traded defenseman Nick Grossmann and the contract of Chris Pronger for Sam Gagner and a conditional pick (from Arizona). Teams can officially sign free agents on July 1.

MACNOW: RAYS OF HOPE AMID PHILLY SPORTS GLOOM

The 76ers have compiled asset after asset, and the team is on the verge of being ready to compete. / GETTY IMAGES

Opinion

GLEN MACNOW

@REALGLENMACNOW

Glen Macnow has been an outspoken voice in Philly sports for nearly three decades.

Amid the hail, tornadoes and power shutdowns crushing the Delaware Valley last weekend, there were some rays of sunshine.

Start with the Phils. Last week in this spot, I called for manager Ryne Sandberg to get the ax. The Fundamentals Manager then beat everyone to the punch by quitting.

That, in itself, will not rescue this sinking ocean liner. But if you listened to Sandberg's words at Friday's newser (at least if you could hear them over Ruben Amaro's snuffling), you got the message: "With looming changes at the top … I did not want to be in the way of progress going forward."

It's as clear as Dom Brown's ineptitude: Pat Gillick and Amaro are on their way out — or at least to a safe sideline. Andy MacPhail is coming to run the franchise. Sandberg was only the first of many exit interviews the Phils will be conducting this summer.

So there's hope — distant as it may be. Long-term hope is also all we can have for our basketball squad.

The Sixers owned the third pick in a three-player NBA draft last week. Thankfully, GM Sam Hinkie did the right thing by selecting Duke big man Jahlil Okafor. While that seems the obvious choice, I feared Hinkie would outsmart himself and fall for some stringbean Latvian project.

The Sixers now have three ascending big men in Okafor, Nerlens Noel and the gimpy Joel Embiid. They also have no one who can distribute the ball or shoot from the outside. I'm not sure why Hinkie didn't package any of his five second-round picks or his four 2016 first-rounders to get a point guard.

But in the spirit of optimism, I'll look forward to the Triple Towers in 2015-16. The rest of the world says it's a guard-driven league. Let's see if coach Brett Brown can find a winning formula with 21 feet of talent crammed into 96 minutes of playing time. Or let's see if they at least mesh and develop enough to spur a franchise-caliber free agent to sign here next year.

The best moves of the week were made by Flyers GM Ron Hextall, who has slashed away at the old-time hockey culture that dominated the franchise for decades. Hextall kept owner Ed Snider in check at last season's trade deadline, and then hired a college coach — rather than a retread — to guide his team.

Now he appears to have emerged from last weekend's draft with two plum first-rounders. He also traded cement-footed Nick Grossmann and somehow managed to swap long-retired Chris Pronger for $5 million of cap relief. Now, if he can just discard Vincent Lecavalier.

Hey, none of these three franchises are going to contend for a title anytime soon. Only the Flyers even stand much chance to make the playoffs next season. But, if you look between the raindrops, you can finally see a little light.

Phillies future

Franco's tear continues on

Franco has a chance to be the Phillies' lone All Star. / GETTY IMAGES

Any fan looking for a reason to check out the Phillies in the post-Ryne Sandberg era should look no further than Maikel Franco.

"He's a beast," Nationals pitcher Gio Gonzalez said. "He's the real thing. He's a guy the Phillies can build around."

Franco is the piece the Phillies hope can lead them to their next prosperous run. There were questions about the solidly built 6-foot-1 third baseman's patience at the plate, but he's been more selective than anyone anticipated since being called up in May.

"Most young guys come up here, and they're just hacking," Yankees starter CC Sabathia told the New York Daily News. "He's got a good approach at the plate, and I think that's what's paying off for him."

Franco, who belted a three-run homer off Sabathia, is a candidate for NL player of the month in June, his first full month in the majors. Following Sunday's doubleheader against the Nationals, Franco is hitting .374 with eight home runs and 24 RBIs in June (in 25 games).

Quite a bit of that production is from a historic performance at Yankee Stadium. During the first two games of a series last week against the Yankees, Franco went 6-8 with three homers and ten RBIs. According to the Elias Sports Bureau, no player has ever driven in five runs in consecutive games against the Yankees.

"It was amazing," Franco said. "I was just trying to get the bat on the ball and help us win. It was very special to have that happen in Yankee Stadium."

And Franco, who is 22, is producing at a very young age. Only three players 22 or younger over the last nine years have had as many homers and RBIs as Franco this month: Bryce Harper, Mike Trout and Giancarlo Stanton.

The question some Phillies fans have is if Franco is for real or if he is in the midst of a six-week stretch like Domonic Brown had two years ago.

"Franco is the real deal," a NL scout said. "I might have been conservative during spring training when I said he is somewhere between [Edwin] Encarnacion and [Adrian] Beltre. He looks like he is a very special player."

Franco grew up in the Dominican Republic idolizing Beltre.

"To me, he was always such a great player," Franco said. "That's who I want to be like. But I really just want to be the best player that I can be." ED CONDRAN

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Champions clash as USA faces Germany in World Cup Semis

World Cup. The two premier countries in women's soccer do battle tonight.

In women's international soccer, it doesn't get much bigger than what will be on tap Tuesday (7 p.m., FOX) at Montreal's Olympic Stadium: the U.S. vs. Germany in the 2015 World Cup semifinals. Many soccer experts are treating this as the de facto title game as Germany comes in as the No. 1 ranked team by FIFA, and the United States is No. 2. The winner, no doubt, will be favored to go all the way as Japan and England sit on the other side of the bracket.

The Americans and Germans have only met three times in previous Women's World Cups with the U.S. holding a 2-1-0 advantage (all coming in knockout rounds). The U.S. (1991, 1999) and Germany (2003, 2007) are also the most decorated countries at Women's World Cups: They are the only teams to have won the ultimate prize more than once.

"We are facing a match between two top teams that will give nothing away," German defender Leonie Maier said. "It'll be a very tough battle."

Though both clubs were expected to reach this point as soon as the groups were unveiled months ago, each squad had to put in some serious work in the quarterfinals on Friday just to get here. Germany was down 1-0 to France with only a few minutes left in regulation when they tied on a penalty kick score by star forward Celia Sasic. The Germans then prevailed, 5-4, in penalty kicks following a scoreless extra time, going 5-for-5 in the shootout. Goalkeeper Nadine Angerer stopped France's Claire Lavogez's shot in the fifth round to end it.

Julie Johnston and the U.S. women's soccer team take on Germany in the World Cup semis tonight. / GETTY IMAGES

Final Four

The 2015 Women's World Cup is down to four teams.

- The U.S. and Germany will square off tonight in the semifinals (7 p.m., FOX).
- Japan and England go head-to-head Wednesday (7 p.m., FS1)
- The Women's World Cup title game is Sunday, July 5 (7 p.m., FOX).

The American 1-0 win over China wasn't quite as dramatic. Underrated midfielder Carli Lloyd scored on a header in the 51st minute, and the Americans recorded their fourth straight shutout (a team-best 423 straight shutout minutes and counting at this World Cup). Defender Kelley O'Hara and forward Amy Rodriguez were surprise starters for the U.S. against China, and they brought a noticeable spark in their first action of the tournament. Midfielder Morgan Brian also started while Abby Wambach only came on as a substitute in the final few moments. The U.S. managed to survive without suspended midfielders Megan Rapinoe and Lauren Holiday so it'll be interesting to see how head coach Jill Ellis picks her starting lineup vs. Germany.

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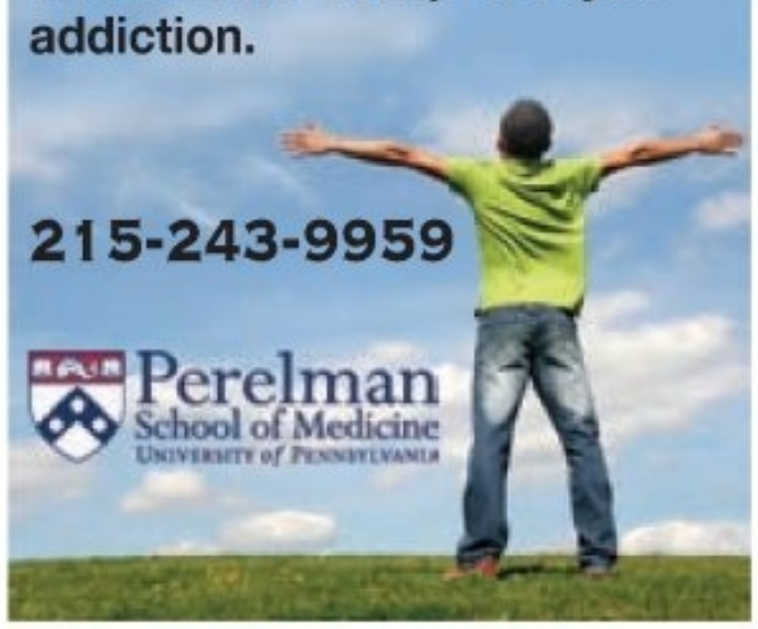

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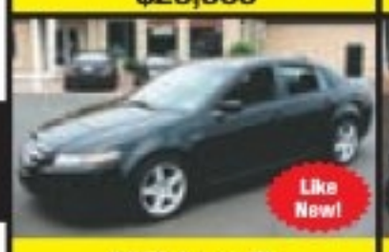

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